

Pitchers Throwing Program

1. Program begins 4 months post op
2. Always warm-up to throw by either biking and/or running.
3. Stretch after warming up
4. The number of throws for the warm up is a guideline.
The number may be adjusted more or less depending on the individual.
5. Absolutely no symptoms during or after throwing (Shorten distance if any symptoms are reported)
6. Cardiovascular training, core stabilization, and leg strengthening should be continued during throwing program.

| Month 4 | | |
|---------------|----------------|--------------------------|
| Week 1 | | Throw 2 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 20 | 30 ft |
| | 25 | 45 ft |
| Week 2 | | Throw 2 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 20 | 30 ft |
| | 25 | 45 ft |
| | Rest 5 minutes | |
| Warm-Up | 20 | 30 ft |
| | 25 | 45 ft |
| Week 3 | | Throw 3 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 20 | 30 ft |
| | 25 | 45 ft |
| | Rest 5 minutes | |
| Warm-Up | 20 | 30 ft |
| | 25 | 45 ft |
| | Rest 5 minutes | |
| Warm-Up | 20 | 30 ft |
| | 25 | 45 ft |
| Week 4 | | Throw 3 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 10 | 30 ft |
| | 10 | 45 ft |
| | 25 | 60 ft |
| | Rest 5 minutes | |
| Warm-Up | 10 | 30 ft |
| | 10 | 45 ft |
| | 25 | 60 ft |

Pitchers Throwing Program

| Month 6 | | |
|---------|----------------|-------------------|
| Week 1 | | Throw 4 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 5 | 30 ft |
| | 5 | 45 ft |
| | 5 | 60 ft |
| | 5 | 75 ft |
| | 25 | 90 ft |
| | Rest 5 minutes | |
| Warm-Up | 5 | 30 ft |
| | 5 | 45 ft |
| | 5 | 60 ft |
| | 5 | 75 ft |
| | 25 | 90 ft |
| | Rest 5 minutes | |
| Warm-Up | 5 | 30 ft |
| | 5 | 45 ft |
| | 5 | 60 ft |
| | 5 | 75 ft |
| | 25 | 90 ft |
| Week 2 | | Throw 4 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 5 | 45 ft |
| | 5 | 60 ft |
| | 5 | 75 ft |
| | 5 | 90 ft |
| | 25 | 105 ft |
| | Rest 5 minutes | |
| Warm-Up | 5 | 45 ft |
| | 5 | 60 ft |
| | 5 | 75 ft |
| | 5 | 90 ft |
| | 25 | 105 ft |

| Month 6 | | |
|---------|----------------|-------------------|
| Week 3 | | Throw 4 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 5 | 45 ft |
| | 5 | 60 ft |
| | 5 | 75 ft |
| | 5 | 90 ft |
| | 25 | 105 ft |
| | Rest 5 minutes | |
| Warm-Up | 5 | 45 ft |
| | 5 | 60 ft |
| | 5 | 75 ft |
| | 5 | 90 ft |
| | 25 | 105 ft |
| Week 4 | | Throw 5 of 7 days |
| | <i>Throws</i> | <i>Distance</i> |
| Warm-Up | 5 | 60 ft |
| | 5 | 75 ft |
| | 5 | 90ft |
| | 5 | 105 ft |
| | 25 | 120 ft |
| | Rest 5 minutes | |
| Warm-Up | 5 | 60 ft |
| | 5 | 75 ft |
| | 5 | 90 ft |
| | 5 | 105 ft |
| | 25 | 120 ft |

PRE-MOUND WORK PHASE

- Focus on throwing the ball on a line at 90 ft.
- Use good release point.
- The last 3 minutes at 60 ft use to work on locating the ball.
- Hit the glove with every throw

| Month 7 | | |
|----------------|-------------|--------------------|
| Week 1 | | 6 of 7 days |
| | <i>Time</i> | <i>Distance</i> |
| | 3 min | 60 ft |
| | 3 min | 90 ft |
| | 3 min | 60 ft |
| Week 2 | | 6 of 7 days |
| | <i>Time</i> | <i>Distance</i> |
| | 3 min | 60 ft |
| | 5 min | 90 ft |
| | 3 min | 60 ft |
| Week 3 | | 6 of 7 days |
| | <i>Time</i> | <i>Distance</i> |
| | 3 min | 60 f |
| | 7 min | 90 ft |
| | 3 min | 60 ft |
| Week 4 | | 5 of 7 days |
| | <i>Time</i> | <i>Distance</i> |
| | 3 min | 60 ft |
| | 10 min | 90 ft |
| | 3 min | 60 ft |

MOUND WORK PHASE
 During this phase you will begin mound work.

 You will do the regular pitcher's throwing program 6 days a week including flat ground work/hat drill.

| Month 8 | | |
|---------------|-----------------------------|-------------------------------|
| Week 1 | | 2 Times |
| | <i>Side Session/Bullpen</i> | <i>Pitches</i> |
| | Bottom of Mound | 25 Fastballs |
| Week 2 | | 2 Times |
| | <i>Side Session/Bullpen</i> | <i>Pitches</i> |
| | Middle of Mound | 25 Fastballs |
| Week 3 | | 2 Times |
| | <i>Side session/Bullpen</i> | <i>Pitches</i> |
| | Top of Mound/Rubber | 25 Fastballs |
| Week 4 | | 3 Times |
| | <i>Side Session/Bullpen</i> | <i>Pitches</i> |
| | Top of Mound/Rubber | 20 Fastballs 10 Change Ups |

| Month 9 | | |
|---------------|-------------------------------------|---------------------------------------------------|
| Week 1 | | 3 Times |
| | <i>Side Session/Bullpen</i> | <i>Pitches</i> |
| | | 25 Fastballs 10 Change Ups |
| Week 2 | | 3 Times |
| | <i>Side Session/Bullpen</i> | <i>Pitches</i> |
| | | 20 Fastballs 5 Change Ups 5 Curve/Sliders |
| Week 3 | | 3 Times |
| | <i>Side session/Bullpen</i> | <i>Pitches</i> |
| | | 20 Fastballs 10 Change Ups 10 Curve/Sliders |
| Week 4 | | 3 Times |
| | <i>Normal Side Session/Bull pen</i> | |

| Months 10-11 | | |
|---------------|------------------------------|---------------------------------|
| Week 1 | | 2 times with 1 slide |
| | <i>Live Batting Practice</i> | <i>Pitches</i> |
| | | 20 Fastballs/Change Ups |
| Week 2 | | 2 times with 1 side |
| | <i>Live Batting Practice</i> | <i>Pitches</i> |
| | | 15 Fastballs/Change Ups |
| | Sit 5 minutes | |
| | | 15 Fastballs/Change Ups |
| Week 3 | | 2 times with 1 side |
| | <i>Live Batting Practice</i> | <i>Pitches</i> |
| | | 20 Pitches (Mixing all pitches) |
| Week 4 | | 2 times with 1 slide |
| | <i>Live Batting Practice</i> | <i>Pitches</i> |
| | | 15 Pitches (Mixing all pitches) |
| | Sit 5 minutes | |
| | | 15 pitches (Mixing all pitches) |

Month 12 - RETURN TO COMPETITION